

4KM TimeTrial

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|-------|---------|--------------------|-------|--------|-------------------|
| 1 | 22:27.2 | Julia Butler | 40022 | female | 4KM |
| 2 | 22:44.4 | Patrick Martel | 40137 | male | 4KM |
| 3 | 22:51.5 | Nicola De Oliveira | 40025 | female | 4KM |
| 4 | 25:51.7 | Colette Alcock | 40292 | female | 4KM |
| 5 | 26:34.2 | Wendy Morgan | 40132 | female | 4KM |
| 6 | 27:22.5 | Hayley Gibbon | 40200 | female | 4KM |
| 7 | 28:57.7 | Karyn Jackson | 40127 | female | 4KM |
| 8 | 36:50.3 | John Mordaunt | 40142 | male | 4KM |
| 9 | 36:55.0 | Zanele Nduli | 40294 | female | 4KM |

8KM TimeTrial

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|-------|---------|---------------------|-------|--------|-------------------|
| 1 | 36:22.0 | Hopewell Hlabe | 80197 | male | 8KM |
| 2 | 38:22.4 | Paul Pearce | 80041 | male | 8KM |
| 3 | 38:50.3 | Christopher Zaayman | 80029 | male | 8KM |
| 4 | 39:18.1 | Daniel Israel | 80175 | male | 8KM |
| 5 | 40:16.8 | Steven Gossman | 80111 | male | 8KM |
| 6 | 40:50.6 | Ray Buthelezi | 80005 | male | 8KM |
| 7 | 42:55.0 | Dave Saunderson | 80026 | male | 8KM |
| 8 | 43:39.6 | Paula Symington | 80207 | female | 8KM |
| 9 | 44:34.1 | Andrew Burnard | 80262 | male | 8KM |
| 10 | 45:21.0 | Kurt Peetz | 80113 | male | 8KM |
| 11 | 46:33.0 | Jacob Twala | 80003 | male | 8KM |
| 12 | 47:01.5 | Kurt Laureau | 80194 | male | 8KM |
| 13 | 48:43.6 | Tracey Martin | 80239 | female | 8KM |
| 14 | 49:03.3 | Trevor Kershaw | 80072 | male | 8KM |
| 15 | 50:19.8 | Liesel Israel | 80096 | female | 8KM |
| 16 | 52:33.8 | Alan Etchells | 80261 | male | 8KM |
| 17 | 53:55.5 | Graham Buck | 80151 | male | 8KM |
| 18 | 54:13.5 | Anver Moolla | 80293 | male | 8KM |

| Place | Time | Name | ID | Gender | TimeTrialDistance |
|-------|---------|--------------------|-------|--------|-------------------|
| 19 | 55:22.0 | Katharine Atkinson | 80183 | female | 8KM |
| 20 | 55:26.4 | Keiran Ward | 80019 | female | 8KM |

Race timing with fsTimer - free, open source software for race timing. <http://fstimer.org>